ABSTRACT

 $3\text{-}0\text{-}\beta\text{-}D\text{-}Glucopyranosyl-}4\text{-}methylergost-}7\text{-}en-}3\text{-}ol$ or a composition containing 0.001% by mass or more of the aforementioned compound, which is an extract of a plant of the family Liliaceae containing the compound or a fraction thereof, is used as an active ingredient of a hyperglycemia improving agent.